SAWIQ

What is sawiq? How to Make it?

By: Syed Mustafa Kazmi

How to make sawiq and benefits of Sawiq

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Sawiq is nutrition for *behshat* and it is gift from Angel Gabriel (peace be upon him) for humans.

Imam Sadiq (as) said, sawiq has been prepared according to inspiration (*wahi*) from Allah. It is the food of the messengers of Allah and it is the best food.

Imam Jafar Sadiq (as) said, the best *sehri* is sawiq and dates. What is sawiq

made from:

1. Wheat
2. Barley (*Jau*)
3. Rice
4. Masoor ki dal (*adas*)
5. Chane (*nuqud*)
6. Almonds
7. Sanjad
8. Kaddu
9. Apple
10. Bajra
11. Almond and…..

How to prepare sawiq?

Whatever sawiq you are making, first grind that into a powder. Then on a low fire, heat the powder in a pan until the color changes a bit- make sure that it does not burn and also make sure that it does not remain uncooked.

SAWIQ *JAU* (BARLEY WITH HUSK)

Roast the barley powder on the pan, so much so that the color changes a bit. Eat 2 tablespoons before food.
With this, people with *saudai, safrawi and balghami* temperaments, sweetness of blood in diabetes and weakness of body are treated-
Well-being of the newborn and *nawzaad ki salaamati aur farzandaan ki rushd ka baaiz hai.*

This sawiq gives a lot of strength. It makes the bones strong. It increases a person’s height. It prevents and is the treatment of osteoporosis. It is treatment for *bursam*.
If you use it as breakfast, it makes you lose weight, without weakness.
If 2 tablespoons are used before each meal, it reduces the need for diabetic medication and insulin.

It will strengthen the baby if taken in pregnancy

SAWIQ RICE

Wash the rice well and dry it in the sun, then grind it, or
wash the rice well, dry it and put it in the pan and heat it so that it gets cooked from inside- then grind it and use.
Used to stop diarrhea (*peshis*), opens up the intestines. If there is *peshis* then use with cow’s *ghee*.
For those who have become weak and fatigued from illness, this is excellent for their bones and weight gain and overall health.

SAWIQ *GANDUM* (WHEAT)
Heat wheat flour on low fire in a pan, so much so that is changes color. Heat the wheat husk separately since this gets done faster than wheat.
This is for strength, weight gain, increasing sexual power, increasing height, increasing bone strength. If taken with sugar then it is responsible for reduced sexual desire.

SAWIQ *ADAS (MASOOR KI DAL)*
All the various forms of *adas* are all beneficial but the best is the red one (*sabz rang*).
Firstly, crush them coarsely till they are crushed in half and then heat them so that they are cooked from inside, and then grind them- or else you can grind them then heat them.

This gives a lot of strength, reduces thirst and gives strength to the gastrointestinal tract.
It stops *safra,* cools the internal body, reduces sexual desire, stops bleeding in internal body parts and also stops bleeding which doesn't stop in menstruating women. And it the cure for 70 ailments.

SAWIQ *SANJAD*
This gives strength and power to the body growth. Strengthens bones. Epistaxis-*Nakseer ko rokta hai*. Increases milk in lactating mothers.

SAWIQ *NUQUD (CHANE)*
This gives strength and power to the body. Good for lower back. It cures sexual difficulties and weakness. It enhances/improves voice and all voice forms.

SAWIQ *SAIB* (APPLE)
Removes epistaxis *nakseer (dimaag ke khoon)* from the brain.
Curative in snake and scorpion bite.
Removes all toxins from the body eg toxins from addictive drugs.
Removes toxins resulting from general chemical usage from our body, which have settled in our body.
Finishes the effects of chemicals from our body.
Cures fever.

SAWIQ *BADAAM* (ALMONDS)
Full of nutrients and increases body weight.

SAWIQ E KAAMIL- MURAKKAB (MIXTURE) OF ALL SAWIQS
Gives strength and power and gives all the benefits of all the sawiqs.

SAWIQ E KODUK- SAWIQ FOR CHILDREN
This is sawiq e kaamil but it is ground more to make it a finer powder. It has to be mixed in milk and given to children.

SAWIQ SHASTA
If you wash the sawiq, this is used to increase the strength of the legs.

SAWIQ JAU SHASTA

This sawiq has to be washed 6 times in cold water. When the sawiq settles down at the bottom of the vessel then the water has to be drained and the 7th water should be hot water. Then this should be dried.

It is good for strengthening the legs, fever and diabetes.

How to wash sawiq?

If you take any sawiq, you have to wash it for 3 or 7 times. You can use the help of a cloth for sieving.

This way the extract will separate from the sawiq. Whatever is left after 3 and 7 times washing, should be used after drying. This is rich in vitamin B.

Sawiq of *jau* and wheat should be washed 7 times.

How to eat sawiq?

To have 2 tablespoons of dry powder before breakfast or in the morning sometime. But if the quantity and time is specified for a specific sawiq then that instruction should be followed.

You should NOT drink water for 2 hours after eating sawiq!

If a patient has fever, then he/she can use the sawiq as food.

According to your taste, you can add salt or sweet to your sawiq.

For children, sawiq should be used in milk

If the sawiq is moist, it can be used with sugar to quench thirst.

If the sawiq is dry and it is taken with sugar, then it will cause the body to become fat and sexual strength to decrease.

Sawiq adas should be used more and can be taken as a meal too.

If sawiq is used with olive oil, then one's face and skin will become soft and beautiful and *afzaaish jamaa ka baais hai*, but it care should be taken that olive oil should not be warmed.

Sawiq can be taken mixed with honey, jaggery, milk, *tabarzad*.

It is more nutritious if sawiq jau and wheat are taken together.

Sawiq can be taken in any age group- from birth till old age.

For small children, little quantity of sawiq should be mixed with more quantity of milk.

For those who get tired easily, use of sawiq is curative in 2-3 days, inshallah, but the condition is that the sawiq should be made in the proper way.

For men, sawiq should never be used with sugar, for this will decrease their sexual energy.

Sawiq can be taken dry or moist.

The best sawiq is of jau and wheat.

The hust and grain of both wheat and jau- all 4 should be taken in equal quantities (*masaawi miqdaar*) and they should be roasted separately till their color changes. The husks will get done faster in ½ hour and the grain in approx 2 hours, that is why husk and grain should be separately roasted.

If it is taken with honey or other things, its effectiveness will lessen.

If you want to increase your weight, then you should have sawiq wheat with its husk.

The best time to have sawiq is in breakfast and the best form is to have it dry. But it can also be taken with honey, dates and oil but its effect will reduce.

Imam Ridha (as) was offered sawiq which was soaked in water/oil and he returned it. He said that if sawiq was *aagsata* (soaked in water/oil) then it does not possess the qualities of sawiq which is dry.
If sawiq reaches the stomach dry then this reduces the ailments arising from too much water in the body (*rutoobaton ko kharij karta hai)*.

It is not allowed for men to take sawiq with sugar. Before a man and woman have intercourse, it is recommended for both of them to have sawiq. It is also recommended that pregnant woman should have sawiq to have a healthy, strong boned baby.

Signs of a good sawiq:

Whenever the sawiq is consumed, it gives a feeling of heat, as if it was just made.

Hadees

حَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ ابْنِ فَضَّالٍ عَنْ عَبْدِ اللَّهِ بْنِ جُنْدَبٍ عَنْ بَعْضِ أَصْحَابِهِ قَالَ ذُكِرَ عِنْدَ أَبِي عَبْدِ اللَّهِ)عليه السلام(
السَّوِيقُ فَقَالَ إِنَّمَا عُمِلَ بِالْوَحْيِ .

. Muhammad ibn Yahya has narrated from Ahmad ibn Muhammad from ibn Faddal from ‘Abd Allah ibn Jundab from certain persons of his people who has said the following: “Once, sawiq was mentioned before abu ‘Abd Allah, ‘Alayhi al-Salam, and he (the Imam) said, ‘It was prepared by the instruction of divine revelation.’”

Wasil ul shia vol 25 page 14

Prevention and treatment of disability:

One of the companion of Imam Al-Sadiq (a.s) called Khizr says that I was in presence of Imam and a man from our friends came and asked him:

We have got a new born who has some disability issues (What is the solution?)

Imam (a.s.) said that what prevents you from consuming Sawiq?

It strengthens the bones and grows flesh.

قال كنت عند ابى عبدالله فأتاه رجل من اصحابنا فقال يولد لدي المولود فيكون له القلة قال الإمام ء :ما يمنعك من السويق؟

فإنه يشد العظم و ينبت اللحم

عَنْهُ عَنْ أَبِيهِ عَنْ أَبِي عَبْدِ اللَّهِ الْبَرْقِيِّ عَنْ بَكْرِ بْنِ مُحَمَّدٍ عَنْ خَيْثَمَةَ قَالَ قَالَ أَبُو عَبْدِ اللَّهِ)عليه السلام(مَنْ شَرِبَ السَّوِيقَ
أَرْبَعِينَ صَبَاحاً امْتَلَأَ كَتِفَاهُ قُوَّةً .

. It is narrated from the narrator of the previous Hadith from his father from abu ‘Abd Allah, al-Barqiy from Bakr ibn Muhammad from Khaythamah who has said the following: “If one drinks sawiq for forty mornings his shoulder will fill up with strength.’”

Grading:

Allamah Baqir al-Majlisi: ضعيف - Mir‘at al ‘Uqul Fi Sharh Akhbar Al al Rasul (22/126)

مَّدُ بْنُ يَحْيَى عَنْ مُوسَى بْنِ الْحَسَنِ عَنِ السَّيَّارِيِّ عَنْ عُبَيْدِ اللَّهِ بْنِ أَبِي عَبْدِ اللَّهِ قَالَ كَتَبَ أَبُو الْحَسَنِ)عليه السلام(مِنْ خُرَاسَانَ إِلَى الْمَدِينَةِ لَا تَسْقُوا أَبَا جَعْفَرٍ الثَّانِيَ السَّوِيقَ بِالسُّكَّرِ فَإِنَّهُ رَدِيٌّ لِلرِّجَالِ .

Muhammad ibn Yahya has narrated from Musa ibn al-Hassan from al-Sayyariy from ‘Ubayd Allah ibn abu ‘Abd Allah who has said the following: “Abu al-Hassan, ‘Alayhi al-Salam, wrote from Khurasan to al-Madinah, ‘Do not make abu Ja‘far al- Thaniy to drink sawiq with sugar because it is bad for man.’ “Al-Sayyariy has explained it from ‘Ubayd Allah that it is undesirable for men because it weakens manhood desire due to its cold nature with sugar.”

Grading:

Al Kafi vol 6 Page308

بْنُ مُحَمَّدِ بْنِ بُنْدَارَ عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ مُوسَى بْنِ الْقَاسِمِ عَنْ يَحْيَى بْنِ مُسَاوِرٍ عَنْ أَبِي عَبْدِ اللَّهِ)عليه السلام(قَالَ السَّوِيقُ يَجْرُدُ الْمِرَّةَ وَ الْبَلْغَمَ مِنَ الْمَعِدَةِ جَرْداً وَ يَدْفَعُ سَبْعِينَ نَوْعاً مِنْ أَنْوَاعِ الْبَلَاءِ .

Ali ibn Muhammad ibn Bandar has narrated from Ahmad ibn abu ‘Abd Allah from Musa ibn al-Qasim from Yahya ibn Musawir who has said the following: “Abu ‘Abd Allah, ‘Alayhi al-Salam, has said, sawiq removes bitterness (bile) and phlegm from the stomach and dispels seventy kinds of illness.’”

Grading:

Allamah Baqir al-Majlisi: مجهول - Mir‘at al ‘Uqul Fi Sharh Akhbar Al al Rasul (22/125)

عَنْهُ عَنْ عَلِيِّ بْنِ الْحَكَمِ عَنِ النَّضْرِ بْنِ قِرْوَاشٍ قَالَ قَالَ أَبُو الْحَسَنِ الْمَاضِي)عليه السلام(السَّوِيقُ إِذَا غَسَلْتَهُ سَبْعَ مَرَّاتٍ وَ قَلَّبْتَهُ مِنْ إِنَاءٍ إِلَى إِنَاءٍ آخَرَ فَهُوَ يَذْهَبُ بِالْحُمَّى وَ يُنْزِلُ الْقُوَّةَ فِي السَّاقَيْنِ وَ الْقَدَمَيْنِ .

It is narrated from the narrator of the previous Hadith from Ali ibn al-Hakam from al-Nadr ibn Qarwash who has said the following: “Abu al-Hassan, al-Awwal, ‘Alayhi al-Salam, has said, ‘If you turn sawiq seven times upside down and change its place from one pot into the other it then can remove fever and send power to the legs and feet.’”

Grading:

Allamah Baqir al-Majlisi: مجهول - Mir‘at al ‘Uqul Fi Sharh Akhbar Al al Rasul (22/125)

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ عَلِيِّ بْنِ الْحَكَمِ عَنْ قُتَيْبَةَ الْأَعْشَى عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ ثَلَاثُ رَاحَاتِ سَوِيقٍ جَافٍّ عَلَى الرِّيقِ يُنَشِّفُ الْبَلْغَمَ وَ الْمِرَّةَ حَتَّى لَا يَكَادُ يَدَعُ شَيْئاً .

. A number of our people have narrated from Ahmad ibn Muhammad from Ali ibn al-Hakam from Qutaybah al-‘A’sha’ who has said the following: “Abu ‘Abd Allah, ‘Alayhi al-Salam, has said, ‘Three handfuls of dry sawiq before breakfast absorbs phlegm and bile and it almost does not leave anything behind.’”

Grading:

Allamah Baqir al-Majlisi: صحيح - Mir‘at al ‘Uqul Fi Sharh Akhbar Al al Rasul (22/125)

عَنْهُ عَنْ عِدَّةٍ مِنْ أَصْحَابِنَا عَنْ عَلِيِّ بْنِ أَسْبَاطٍ عَنْ مُحَمَّدِ بْنِ عَبْدِ اللَّهِ بْنِ سَيَابَةَ عَنْ جُنْدَبِ بْنِ عَبْدِ اللَّهِ عَنْ أَبِي الْحَسَنِ مُوسَى (عليه السلام) قَالَ سَمِعْتُهُ يَقُولُ إِنَّمَا أُنْزِلَ السَّوِيقُ بِالْوَحْيِ مِنَ السَّمَاءِ .

It is narrated from the narrator of the previous Hadith from A number of our people have narrated from Ali ibn Asbat from Muhammad ibn ‘Abd Allah ibn Sayabah from Jundab ibn ‘Abd Allah who has said the following: “I once heard abu al-Hassan, Musa, ‘Alayhi al-Salam, saying, sawiq was made by the instruction from the heavens.’”

Grading:

Allamah Baqir al-Majlisi: مجهول - Mir‘at al ‘Uqul Fi Sharh Akhbar Al al Rasul (22/124)

الْحُسَيْنُ بْنُ مُحَمَّدٍ عَنْ أَحْمَدَ بْنِ إِسْحَاقَ عَنْ بَكْرِ بْنِ مُحَمَّدٍ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ السَّوِيقُ يُنْبِتُ اللَّحْمَ وَ يَشُدُّ الْعَظْمَ .

Al-Husayn from Muhammad has narrated from Ahmad ibn Ishaq from Bakr ibn Muhammad who has said the following: “Abu ‘Abd Allah, ‘Alayhi al-Salam, has said, sawiq grows flesh and strengthens the bones .’”

Grading:

Allamah Baqir al-Majlisi: صحيح - Mir‘at al ‘Uqul Fi Sharh Akhbar Al al Rasul (22/124)

مَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ عِيسَى عَنْ أَبِي هَمَّامٍ عَنْ سُلَيْمَانَ الْجَعْفَرِيِّ عَنْ أَبِي الْحَسَنِ الرِّضَا (عليه السلام) قَالَ نِعْمَ الْقُوتُ السَّوِيقُ إِنْ كُنْتَ جَائِعاً أَمْسَكَ وَ إِنْ كُنْتَ شَبْعَاناً [شَبْعَانَ] هَضَمَ طَعَامَكَ .

. Muhammad ibn Yahya has narrated from Ahmad ibn Muhammad ibn ‘Isa from abu Hammam from Sulayman al-Ja‘fariy who has said the following: “Abu al-Hassan, al-Rida’, ‘Alayhi al-Salam, has said, sawiq is a very good food. If you are hungry, it holds you. If you are full it digests your food.”’

Allamah Baqir al-Majlisi: صحيح - Mir‘at al ‘Uqul Fi Sharh Akhbar Al al Rasul (2/124)

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